

RECREATIONAL SWIM HOURS

Saturday* 12:00 pm - 4:00 pm

**Through September 30, 2006*

LAP SWIM HOURS

Monday - Friday 5:00 pm - 7:00 pm

Saturday* 12:00 pm - 4:00 pm

**Through September 30, 2006*

Specific lanes/areas will be designated for

Lap/Recreational swimming, however, pool may be utilized for other programs during designated Lap/Recreational swim times.

FACILITY ADMISSION FEES

Adults (16 years & older) \$5.00/admission

Child/Disabled/Senior (62 & older)
\$1.50/admission

All persons entering the facility during Recreation and Lap Swim times MUST pay the admission fee.

- Discount passes are available for purchase and can be used at all City pools (passes expire one year from the date of issue).
- Children under 7 years of age or less than four feet tall must be accompanied by a paying parent or responsible adult in a swimsuit at all times. While in the water, a parent or responsible adult must remain within arms reach of the child.

SAFETY CHECKS

There may be ten minute safety checks conducted every half hour or every hour during Recreational Swim hours.

EMERGENCY TESTING

All City pool personnel are subject to emergency testing at any time. Patron patience and cooperation during these drills are greatly appreciated.

RENTALS

All City pools are available to rent for exclusive or shared use (birthday parties, school activities, athletic team activities, company parties, special events, etc.). More information may be obtained from the Pool Manager.

DONATIONS

By donating to our park system, you can help the Park and Recreation Department to enrich the lives of others through quality parks and programs. Your gift will help ensure that we meet the needs of the community, including people of all ages, abilities and income levels through recreation, natural open space parks, neighborhood parks, and aquatics programs. For more information on how you can become a donor to your favorite park, pool or recreation program, please call Stacey Lo Medico, Deputy Director CPII Division, (619) 685-1306.

VOLUNTEERS NEEDED!

Ongoing opportunities are available at recreation centers, pools and regional parks throughout the City, as well as with senior and therapeutic recreation programs. If you would like to volunteer, please see staff for more information, or visit www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml or contact the Volunteer Office at (619) 685-1324.

REFUND POLICY

Extra care should be given to the selection of classes. There are NO REFUNDS. Class transfers or credit towards another aquatic program may be requested and must be authorized by the Pool Manager. Full refund will be granted only if the class is canceled by the Pool Manager.



301 Athey Avenue
San Diego, CA 92173
(619) 424-0469

www.sandiego.gov

THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT
"WE ENRICH LIVES THROUGH QUALITY PARKS AND PROGRAMS"



VISTA TERRACE POOL



Fall 2006 Program **Effective through December 1, 2006**

**PROGRAMS AND FEES ARE SUBJECT TO CHANGE
WITHOUT PRIOR NOTICE.**

AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF RACE, COLOR, GENDER, RELIGIOUS CREED, MARITAL STATUS, SEXUAL ORIENTATION, ANCESTRY, NATIONAL ORIGIN, AGE, MENTAL OR PHYSICAL DISABILITY, MEDICAL CONDITION (INCLUDING HIV, AIDS & AIDS-RELATED COMPLEX). IF ANYONE BELIEVES HE OR SHE HAS BEEN DISCRIMINATED AGAINST, HE OR SHE MAY FILE A COMPLAINT ALLEGING THE DISCRIMINATION WITH EITHER THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT (CONTACT DISTRICT MANAGER (619) 685-1308) OR THE OFFICE OF EQUAL OPPORTUNITY, U. S. DEPARTMENT OF THE INTERIOR, WASHINGTON, D.C. 20240. THIS INFORMATION IS AVAILABLE IN ALTERNATIVE FORMATS UPON REQUEST. PRINTED ON RECYCLED PAPER.

CSDS☆

City of San Diego Swim League

The CSDS is a multi-level progressive swim program that offers a range of competitive swimming opportunities. The levels of commitment, training and performance increase with each level of participation.

The White Level is for the swimmer who is new to competitive swimming. The focus of the White Level is placed on the instruction and technique of the four competitive strokes (freestyle, backstroke, breaststroke and butterfly) in a fun and social environment. Competition among the 13 City pools is scheduled year around.

The Silver level introduces the athlete to the more structured competitive aspect of swimming. Training and swim meets are planned around the development of the athletes. Competition among the 13 City pools is scheduled year around and competition in sanctioned swim meets may begin at this level with USA (United States Swimming Association) swimming membership.

The Blue Level is the most advanced level of competition. This level is for USA members only and membership to USA Swimming is required. Participation in many local and western states swim meets are scheduled for these advanced swimmers. The short course season is September through April and the long course season is May through August.

WHITE LEVEL September/\$22.00

Monday - Friday October/\$31.90

4:00 pm - 5:00 pm November/\$25.30

SILVER LEVEL September/\$22.00

Monday - Friday October/\$31.90

5:00 pm - 6:00 pm November/\$25.30

BLUE LEVEL September/\$44.00

Monday - Friday October/\$48.50

5:00 pm - 7:00 pm November/\$44.00

- All Aquatics programs, schedules and fees may change and/or be cancelled without notice.

YOUTH WATER POLO☆

Participants are introduced to basic water polo skills with emphasis on teamwork and sportsmanship.

Participants must be able to swim 200 yards continuously and tread water for one minute.

PEE WEES (ages 6-9) and **JUNIORS** (ages 10-13)

Tuesday & Thursday September/\$11.00

6:15 pm - 7:15 pm October/\$12.10

November/\$8.80

OLDERS (ages 14-17) September/\$11.00

Monday & Wednesday October/\$12.10

6:30 pm - 7:30 pm November/\$9.90

FALL SWIM LESSONS

“A” TUESDAY & THURSDAY

Eight 35 minute lessons

Session 1 September 5 - 28 \$48.50

Session 2 October 3 - 26 \$48.50

“B” MONDAY, WEDNESDAY, FRIDAY

Nine 35 minute lessons

Session 1 September 4 - September 22 \$48.50

Session 2 September 25 - October 13 \$53.75

Session 3 October 16 - November 3 \$53.75

Session 4 November 6 - 29 \$53.75

4:00 pm - 4:35 pm AT/ST Beg. 2

4:40 pm - 5:15 pm Beg. 3 Beg. 2

5:20 pm - 5:55 pm TT Beg. 1

6:00 pm - 6:35 pm Adults

☆A limited number of scholarships and fee waivers (based on financial need) are available. Please contact the Pool Manager for more information. Fee waivers: Minimum enrollment in a class needs to be met before fee waivers will be issued.

- The City of San Diego Swimming Pools may close without notice during inclement weather conditions.
- Classes may change due to the amount of enrollment and the availability of instructors. Call the pool for current information.

THE CITY OF SAN DIEGO LEARN TO SWIM PROGRAM☆

The Learn to Swim Program is designed to teach swimming to children through adults in a positive, fun and safe environment. The City of San Diego offers year-round swim lessons, placing the emphasis on logical skill progression, water safety awareness and endurance. Instructors are all certified by the American Red Cross.

Course descriptions and age ranges should be used as suggested guidelines for appropriate student enrollment. Parents should log on to <http://www.sandiego.gov/park-and-recreation/aquatics> for full description of all classes or contact the Pool Manager. Students may be more accurately assessed on the first day of class for their individual skills and abilities. Students may be transferred to a different class level or be required to repeat a class level. The Pool Manager should be informed of any special needs of the students before the first class session begins.

• **PRIVATE/SEMI-PRIVATE LESSONS** Private or semi-private classes are available for special needs or personal instruction. The instructor will focus on the skills suited for the participant. The Pool Manager can be contacted for more information and the scheduling of private lessons.

• **TINY TOTS** (3* to 5 years) Prerequisites: The child must be able to understand and obey instructions. Fun songs and games allow Tiny Tots to adjust to the water and be introduced to basic swimming skills. The class is conducted without parent participation.

• **ADVANCED TOTS** (3* to 5 years) Prerequisites: Tiny Tots Swimmers continue to develop basic swimming coordination.

• **SUPER TOTS** (3* to 5 years) Prerequisites: Advanced Tiny Tots Super Tots are introduced to side breathing and learn to swim greater distances on their front and on their back.

*Children age 3 and under are required to wear a tight-fitting "swimsuit diaper" or tight-fitting plastic pants under a swimsuit.

• **BEGINNER I** (ages 6 and up) This class is designed for the older child who has had no formal swimming instruction. Students are introduced to the early and basic skills of swimming, as well as pool safety practices.

• **BEGINNER II** (ages 6 and up) Prerequisites: Successful completion of Super Tots or Beginner I class or the ability to perform the same skills. Students are taught to coordinate multiple skills from an effective crawlstroke with side breathing to swimming across the pool with progressive attention to safety and rescue.

• **BEGINNER III** (ages 6 and up) Prerequisites: Successful completion of the Beginner II class or the ability to perform the same skills. Swimmers in this class will strengthen their endurance and coordination of the crawlstroke, be introduced to the skills of elementary backstroke, learn to dive from the side of the pool and increase their knowledge of safety and rescue.

• **ADULT/TEENAGERS** (ages 15 and up) Adults are taught individually and as part of a group in a multi-level class of students with varied skills from beginning through advanced.